



# Rose Petals

**Botanical Name:** *Rosa spp.*

**Family:** Rosaceae

**Energetics:** Cooling, aromatic, sweet

**Taste:** Sweet, floral, slightly astringent

**Actions:** Nervine, mild astringent, skin support, mood lifting, mild anti-inflammatory

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## Overview

Rose petals are traditionally used for their calming, aromatic, and nutritive properties. They support emotional wellness, skin health, and mild digestive or astringent needs.

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## Uses

### Internal Uses

- Supports emotional wellness and mild anxiety
- Mild digestive and astringent support
- Gentle anti-inflammatory effects
- Used in teas for relaxation and mood lifting

### External Uses

- Infused oils, balms, or creams for skin hydration and toning
- Rose water for facial care
- Bath infusions for relaxation

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## Medication Interactions

- Generally safe; no known major interactions
- Monitor if taking sedatives or hormone-sensitive medications

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## Contraindications

- Pregnancy: safe in culinary and moderate medicinal doses
- Children: safe in teas and infusions
- Allergy to Rosaceae family

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## Caution & Safety

- Moderate use recommended
- Monitor for rare allergic reactions
- Avoid essential oil ingestion unless professionally guided

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## Herbal Pairings

### Blends Well With

- Chamomile (nervine and calming)
- Lavender (aromatic and relaxing)
- Lemon Balm (calming and digestive support)

### Avoid Combining With

- None significant; use standard precautions with sedatives

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## Possible Side Effects

- Rare allergic reactions
- Mild digestive upset in sensitive individuals

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## Forms & Dosage

### Tea / Infusion

- 1-2 tsp dried petals per cup water
- Steep 5-10 minutes
- 1-3 cups daily

### Tincture (1:5)

- 1-2 mL, 1-2 times daily

### External / Infused Oil or Bath

- Apply or soak as desired for skin or relaxation

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Rose petals are a gentle, aromatic herb ideal for emotional wellness, skin support, and mild digestive/aesthetic uses. Best used in teas, tinctures, or external infusions.

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